

University of Nebraska - Lincoln
DigitalCommons@University of Nebraska - Lincoln

The NEBLINE Newsletter Archive from UNL
Extension in Lancaster County

Extension

11-2016

NEBLINE, November/December 2016

Follow this and additional works at: <http://digitalcommons.unl.edu/neblines>



Part of the [Agricultural Education Commons](#)

"NEBLINE, November/December 2016" (2016). *The NEBLINE Newsletter Archive from UNL Extension in Lancaster County*. 311.
<http://digitalcommons.unl.edu/neblines/311>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in The NEBLINE Newsletter Archive from UNL Extension in Lancaster County by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

Nebraska Extension in Lancaster County
444 Cherrycreek Road, Ste. A, Lincoln, NE 68528
402-441-7180

<http://lancaster.unl.edu>

Email: lancaster@unl.edu • Fax: 402-441-7148

Join us on Twitter, Facebook, YouTube, Flickr and
Pinterest at <http://lancaster.unl.edu/media>

Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln



Extension is a Division of the Institute of Agriculture and Natural Resources
at the University of Nebraska–Lincoln cooperating with the Counties and the
United States Department of Agriculture.

Nebraska Extension educational programs abide with the nondiscrimination
policies of the University of Nebraska-Lincoln and the
United States Department of Agriculture.

We assure reasonable accommodation under the Americans with Disabilities Act;
for assistance call 402-441-7180.

UNIT LEADER & EXTENSION EDUCATOR
Karen Wobig

ADMINISTRATIVE AIDE
Jenny DeBuhr

EXTENSION EDUCATORS
Tracy Anderson, Sarah Browning, Jaci Foged, Jody Green,
Alyssa Havlovic, Alice Henneman, Meghan Sittler, Tyler Williams

EXTENSION ASSOCIATES
Soni Cochran, Marty Cruickshank, Mary Jane Frogge,
Kristen Houska, Cole Meador, Dana Root-Willeford

EXTENSION ASSISTANTS
Cally Blake, Nicole Busboom, Brie Frickenstein, Kristin Geisert,
Teri Hlava, Vicki Jedlicka, Emily Gratopp, Meredith Hein,
Jessica Meuleners, Jim Wies

BIOSOLIDS COORDINATOR
David Smith

SUPPORT STAFF
Pam Branson, Deanna Covault, Karen Evasco, Konnie Robertson,
Chris Rosenthal, Karen Wedding

NEBLINE

The NEBLINE is published monthly (except December).
Mailed to nearly 11,000 households in Lancaster County
and can be read online at <http://lancaster.unl.edu/nebline>.

Copyright ©2016

Photo on front page flag and page headers by PRANGE Aerial Photography

NEBLINE articles may be reprinted without special permission if the source
is acknowledged as "Nebraska Extension in Lancaster County NEBLINE."
If the article contains a byline, please include the author's name and title.

Reference to commercial products or trade names is made with the understanding that no
discrimination is intended and no endorsement by the University of Nebraska–Lincoln is implied.

The Nebraska Library Commission's Talking Book and Braille Service records the NEBLINE for individuals
with a visual or physical condition or a reading disability which limits use of regular print. For more
information, go to www.nlc.nebraska.gov/tbbs or call 402-471-4038 or 800-742-7691.

Email Notifications

Sign up at <http://lancaster.unl.edu/nebline> to be notified by email
when the NEBLINE is posted online.

Mail Subscriptions

Subscriptions to the NEBLINE via mail are free to Lancaster County
residents. There is an annual \$5 mailing and handling fee to addresses
in zip codes other than 683—, 684—, 685—, 68003, 68017 and 68065.

☐ Order subscription ☐ Change of address

Name _____

Address _____

City _____ Zip _____

Phone _____

We will only use your phone number in case there is a problem with your mailing address.

Makeover Your Leftovers

Alice Henneman, MS, RDN
Extension Educator

About **90 billion pounds**
of edible food goes uneaten
each year in the United States,
an amount equal to **123 times**
the weight of the Empire State
Building. This costs consumers
\$370 per person each year:

- Grains: \$22
- Fruits: \$45
- Protein foods: \$140
- Vegetables: \$66
- Dairy: \$60
- Added fat and sugar: \$37

Protein foods include meat,
poultry, fish, eggs and nuts.
Added fat and sugar refers to fat
and sugar used in the production
of foods in the other groups.

Reduce **wasted food** in
your home with simple shopping,
storage and cooking. Also, you
can give food to organizations
which accept food donations to
feed others. "Recycling" food into
different recipes or composting
food are other options.

Food tossed is money lost.
One way to add new life to still
edible foods is to re-purpose
leftovers and reuse them in new
ways and new recipes. Here
are a few of the simple tips and
recipes that will be shared at the
"Makeover Your Leftovers" class
at Bryan Health in November
(*see information below*). You'll
find "recycled" can taste just as
good — maybe even better —
than the original recipe.

Grains

Use older bread to make
bread pudding (*see recipe at right*).

Fruits

Freeze extra lemon or lime
juice in ice cube trays. Transfer to
freezer bags. Pop into water for
flavored water. NOTE: It's easier
to remove frozen food from
silicon ice cube trays and muffin
pans than plastic trays or metal
pans as they are more flexible.

Protein Foods

Use leftover meat in flavorful
foods such as barbecued meat
dishes, chili and tacos to mask
the flavor of "warmed over meat."
Plus, the sauce helps prevent
further flavor changes in the
meat.

Vegetables

Freeze extra bell peppers in
shapes needed for recipes. Freeze
for a few hours on a baking sheet

with sides until hard; Transfer to
a freezer bag and lay flat.

Dairy

Use up extra odds of cheese
by shredding them with a grater
or in a food processor. Mix in
your choice of ingredients, cut
or chopped into small pieces
(olives, pickles, pimientos,
chives, walnuts, peppers, etc).



Photos: Alice Henneman

Add enough mayonnaise
(regular or low-fat) to bind the
ingredients together. Spread on
your favorite bread.

Other

Test **baking powder** of a
questionable age for freshness to
prevent tossing a ruined recipe
because it doesn't rise. Mix 1
teaspoon baking powder with
1/3 cup hot water. If it foams
vigorously, it still has rising
power.

To test **baking soda**:
Place 1-1/2 teaspoons in a small
bowl. Add 1 tablespoon vinegar.
If it fizzes, then it will still help
leaven a food. If it doesn't fizz,
use it as an odor catcher in the
refrigerator.

OLD FASHIONED BREAD PUDDING

(Makes six 1/2-cup servings)

A serving of "Old Fashioned Bread Pudding" is a delicious way
to add whole grain breads to your meals and to use up bread
that is beginning to dry out. Buttering each slice of bread and
sprinkling it with cinnamon before cutting it into cubes, makes
every bite especially tasty!

- 5 slices whole wheat bread**
- 2 tablespoons margarine or butter**
- 1/4 teaspoon cinnamon**
- 1/3 cup sugar, white or brown**
- 1/2 cup raisins**
- 3 eggs**
- 2 cups nonfat liquid milk**
- 1/4 teaspoon salt**
- 1 teaspoon vanilla extract**



Preheat oven to 350°F. Spread one side of bread with margarine
or butter. Sprinkle with cinnamon. Cut bread into 1-inch cubes. In
a medium-sized bowl, combine bread cubes, sugar and raisins.
In another bowl, blend eggs, milk, salt and vanilla. Pour liquid
over bread mixture; lightly mix. Transfer mixture to a casserole
dish coated with oil or sprayed with a nonstick spray. Bake
uncovered for 50–60 minutes or until the center of the pudding
reaches 160°F when measured with a food thermometer. At this
temperature, a metal knife inserted near the center comes out
clean. Serve warm or cold. Do not let bread pudding set at room
temperature over 2 hours, TOTAL time. Eat within 3–4 days.

ALICE'S TIPS

- Avoid overcooking eggs in custard-type dishes — such as this
recipe — AND assure safety by using a food thermometer.
Overcooking may cause curdled or weeping custard.
- To determine doneness in egg dishes such as bread or rice
pudding, quiche, casseroles, stratas, etc. the center of the
mixture should reach 160°F when measured with a food
thermometer. At this temperature, the very center of a custard-
type dish may still be slightly liquid; however, the heat retained
in the mixture will cause it to continue cooking and to set after
removal from the oven. You may need to insert the thermom-
eter at an angle to assure enough of thermometer reaches
sufficiently into the food to measure the temperature.

Makeover Your Leftovers

Thursday, Nov. 10, 6:30–8 p.m.

Bryan Health East Campus

Plaza Conference Center, 1600 S. 48 St.

Presented by

Alice Henneman, Extension Educator, RDN

Pre-registration is required by calling 402-481-8886.

Free Class



USDA

Got leftovers languishing in your refrigerator or foods almost past prime time to eat? Food tossed is money lost. The USDA estimates tossed food costs consumers about \$370 per person yearly. Learn how to add new life to still edible foods. You'll receive tips and recipes (including an extensive handout) for using and/or preventing leftover meats, vegetables, pasta, fruit, vegetables, dairy foods, eggs and bread.

Cornhusker Economics and Market Journal Roadshow in Lincoln, Dec. 2

Nebraska Extension and the University of Nebraska–Lincoln Ag Econ department are partnering with Market Journal to combine the Cornhusker Economics and Market Journal Roadshow (formerly two annual events) into one event held at four locations across the state. The free meetings will focus on ag outlook and management decisions for Nebraska farmers and ranchers.

A meeting will be held on Friday, Dec. 2, 9 a.m.–12 p.m. at the Nebraska Innovation Campus Conference Center, 2021 Transformation Drive, Lincoln. Preregistration is

requested by Wednesday, Nov. 30 by calling 402-441-7180 or going to <http://marketjournal.unl.edu/registration>.

Jay Parsons, Cory Walters and Brad Lubben from the UNL Ag Econ Department will discuss farm policy, economics and marketing. Tina Barrett, director of the Nebraska Farm Business, Inc., will discuss the farm financial outlook and management decisions ahead for producers, and Al Dutcher, Extension ag climatologist, will provide a weather and climate outlook.

Brad Lubben, Extension policy specialist and event

organizer, says, “With lower commodity price prospects and profit potential right now, producers are looking closely at production, marketing and financial decisions to manage successfully in this challenging environment. Our annual outlook series, combined with the focus and attention of the Market Journal television show, provides the right information at the right time to help producers analyze and make management decisions today to prepare and position operations for the year ahead.”

For more information, call Brad Lubben at 402-472-2235.

Landowner/Tenant Cash and Flexible Lease Workshops, Dec. 9

There are often many questions when it comes to farm lease arrangements, rent calculation and the typical “who pays for what?” In order to help address the many questions involved with owning or leasing ag land, Nebraska Extension in Lancaster County is hosting a Landlord/Tenant Cash Lease workshop and Flexible Farmland Lease workshop on Friday, Dec. 9 at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The day is split into two parts with the **Landlord/**

Tenant Cash Lease workshop from 9:30–11:30 a.m. and the **Flexible Farmland Lease workshop from 1:30–4 p.m.**

Extension Educators will present these workshops, which are free and you may attend one or both. It is very helpful if both the tenant and landlord can attend together. It is also helpful if the spouse attends.

The Landlord/Tenant Cash Lease workshop will focus on relationships between the landlord and tenant, as well as

practices to help with communication strategies and rental agreements.

The Flexible Farmland Lease workshop will provide practical information and strategies to using flexible leasing tools, as well as practice in crafting and analyzing your flexible lease alternatives.

To register for one or both workshops, contact Karen Wedding at 402-441-7180 or kwedding2@unl.edu by Wednesday, Dec. 6.

Essential Oils Around Children — What You Need to Know

Lynn DeVries
Extension Educator

It seems as though everywhere you look today, there is a new display of essential oils products available to consumers. I have seen these displays in the major discount retailers and pharmacy stores as well as high end department stores, beauty salons and dollar thrift stores. The products all have the same message for the consumer, emphasizing the natural remedy to many ailments. Many people enjoy the natural aroma and have faith in the healing or behavior changing claims of these products.

As a former classroom teacher, I was always careful to not wear perfume or cologne around my students. I was cautioned of this by my college advisor before student teaching because of the concern for any students with respiratory problems or asthma. I was also made aware of the dangers of aerosol sprays and air fresheners for the same reasons, so when I became aware of some classroom teachers using essential oil diffusers in their classrooms, I naturally wanted to see if the same was true of these fragrances.

I found out there are two possible concerns with essential oils, one being toxicity, and the other (as mentioned above), respiratory complications.

With any product in the home, it is important to keep essential oils out of reach of children. Oils are highly concentrated and according to the Tennessee Poison Center at Vanderbilt, the primary route of poisoning is by ingestion, but it may also occur by excessive or inappropriate application to the skin.

Justin Loden, Pharm.D., certified specialist in poison information at Tennessee Poison Center states, “Children are at risk for poisoning because they may try to ingest essential oils from the container. Most have a pleasant smell but bitter taste, so children easily choke on them and aspirate the oil to their lungs. Children are also at risk because their thin skin readily absorbs essential oils, and the protective barrier that covers their brain is easily penetrated.”

This has also raised concerns for the use of oils by prenatal mothers, as they can cross the placenta to the unborn baby.

Clinical studies are underway in the U.S. and many other countries on the benefits of essential oils used for their

healing properties as well as safe use.

For more information on the toxicology of essential oils, check out this article, “Tennessee Point Center Sees Rise in Children Ingesting Essential Oils” by Tavia Smith, online at <https://news.vanderbilt.edu/2016/05/10/tennessee-poison-center-at-vanderbilt-sees-rise-in-children-ingesting-essential-oils>. Another article cautions on the use of oil diffusers around children, “Are Essential Oils Safe for Kids?” by Dr. Justin Morgan, a board certified pediatrician, online at www.bundoo.com/community-blog/are-essential-oils-safe-for-kids. The following article provides information on the difficulty in conducting research on essential oils and the concerns for toxicity in use with children and prenatal mothers, “What Does The Research Say About Essentials Oils,” by Linda Halcon, online at www.takingcharge.csh.umn.edu/explore-healing-practices/aromatherapy/what-does-research-say-about-essential-oils.

I encourage you to explore more on this topic and to seek advice from your trusted pediatrician or OB/GYN to help you make well informed decisions for you and your family.

Successful Farmer Series Starts Dec. 16



Extension Educator Tyler Williams (right) is organizing the Successful Farmer Series for the second year in a row.

Now that the growing season is coming to an end, there are many opportunities in the upcoming months to enhance your knowledge and garner new ideas to take back to your ag operation. Nebraska Extension provides numerous workshops, conferences and trainings across the state to help you increase your profitability and environmental stewardship.

One opportunity available in southeast Nebraska is the Successful Farmer Series. It encompasses a host of agricultural topics in six individual workshops. Each workshop covers a different topic and you can choose which topics/workshops you wish to attend.

Workshops will be every other Friday this winter (except Dec. 30) from 9–11:30 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Refreshments will be provided.

Here are the dates and topics for this year’s Successful Farmer Series:

- Dec. 16 — Cover Crops & Wheat

- Jan. 6 — Ag Management Technology
- Jan. 20 — Farm Financial Management
- Feb. 3 — Soil & Climate Tools
- Feb. 17 — Soybeans
- March 3 — Corn

The cost to attend is \$5 for individual workshops, or you can sign up for the entire series and pick which workshops to attend for \$15. Pre-registration at least two days before the workshops is appreciated by contacting Karen Wedding at kwedding2@unl.edu or 402-441-7180. Pay at the door, check or cash.

Each topic will feature two to three speakers from the University of Nebraska–Lincoln. We will also invite other experts to attend and address more specific questions or interact with attendees during the breaks.

This is the second year of the Successful Farmer Series and the reviews from last year were very positive. Nearly 90 percent of the attendees said they are very likely to attend the series in 2016–2017, so spots may fill quickly.

Upcoming Learning Child Trainings

Nebraska Extension teaches several early childhood development classes for child-care providers. Upcoming classes at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln include:

Documenting Children’s Learning Online/In-Person Workshop — Four CEU’s for \$10. Documenting children’s learning experiences in your program can be used in a multitude of ways: communicating with families, tracking children’s progress, assessment, extending learning, showing accountability and more. However, this useful tool is very time consuming! During this hybrid training you will work at your own pace through an online course to learn the basics of documentation, then bring supplies with you to the in person session to work on creating class and individual portfolios. You can still register for this program until Nov. 9, but need to take the online portion by Nov. 14 in order to collect documentation materials for the in-person class on Tuesday, Nov. 22, 6:30–8:30 p.m.

Pediatric CPR and First Aid Through the American Red Cross — Saturday, Dec. 10, 8:30 a.m.–12:30 p.m. Cost \$40, pre-registration and payment required by Dec. 6.

Supervision of Children Training — Tuesday, Dec. 13, 6:30–8:30 p.m. Supervision of children is a child-care providers top priority. Participants will define supervision of children, identify what inadequate, adequate and high-quality supervision of children looks like, and create a list of action items for improvement of their program. Cost \$10. Register by Dec. 6.

For additional information, to sign up for a class or find out about future classes, contact Jaci Foged at jfoged2@unl.edu or 402-441-7180.

Are Pantry Pests Bugging You?

Jody Green

Extension Educator

Pantry pests are the name given to beetles and moths that tend to infest stored food products. Many food-processing plants and supermarkets struggle with controlling these types of pests, but they can also become problems at home. Two of the most common pantry pests include the Indian meal moth and the flour beetle.

Indian Meal Moth

Indian meal moth is relocated into the home after product purchase. The adult Indian meal moth will lay their eggs near a food source, and when the eggs hatch, the larvae crawl into the food product via holes in packaging. Immature Indian meal moths are caterpillars that have a distinctly dark head capsule, three pairs of thoracic legs and five pairs of prolegs on the abdomen. Indian meal moth caterpillars are sometimes mistaken for maggots, which are the larval form of flies. Maggots lack a head capsule, are completely legless and do not thrive in dried goods. The Indian meal moth larvae have chewing mouthparts, which allows them to gain access into unopened packages of food. During its larval form, it can appear to be yellowish, greenish



Indian meal moth larvae and adult (pictured magnified and approximate size)

or pinkish in color depending on its food source. It eats, grows and molts five times, growing up to 5/8-inch before it travels out of the product, leaving silken threads behind to where it will pupate. Adult moths emerge from cocoons; they are 1/2-inch long with a wingspan of 3/4-inch. They can be distinguished from other moths by their two-toned markings on their wings, which are whitish-gray closest to the head and reddish-brown with a copper luster on the end of the forewings. Adult moths are short-lived and do not feed, therefore damage to food product is done by the larval or caterpillar form. Signs of Indian meal moth infestations in the home include:

- adult moths flying around inside the house, usually attracted to lights, fluttering around screens at night,
- silken threads and webbing on/ in food products, packaging, storage shelving, cupboards, walls and ceilings, and
- larvae crawling in the food products that contain flour, cereal, stored grains, chocolate, nuts or dried fruits.

Flour Beetle

Flour beetles are also quite common in homes. There are two flour beetles with similar biology, behaviors, life cycle and feeding habits, the red and confused flour beetles. The red flour beetle has a three-segmented club, and the confused flour beetle does not. This difference, though slight, provides an important difference when dealing with origin of the infestation because the red flour beetle is a flier and the confused flour beetle is not capable of flight. The larvae are creamy to yellow-brown, with light hairs and pointed projections on the last segment. Before pupation, mature larvae are about 1/4-inch long. Adult flour beetles are approximately 1/8-inch long and reddish-brown in color. All life stages can be found in large numbers feeding on broken kernels and other grain products. Signs of red flour beetle infestations in the home include:



Flour beetle larvae and red four beetle adult (pictured magnified and approximate size)

- adult beetles flying around inside the house, usually attracted to lights, may accumulate in and along window sills,
- larvae and adults in food products that contain flour, cereal, dried pet food, dog treats and all grain products.

Control Methods

Treatment strategies for Indian meal moth and red flour beetle do not include insecticide use inside the home. A thorough inspection is necessary to locate and eliminate the source of the infestation and provide a long-term solution. Most people overlook prepackaged and prepared foods, unopened packages and non-food items, but a variety of products are vulnerable. There are pheromone traps

available that attract the specific pest to a sticky glueboard or pitfall trap, but these are preferred as a monitoring tool, rather than solely a control method. Prevention and sanitation is your best protection against pantry pests. Here are some ways you can prevent infestations in the home, minimize wasted food and save money:

- Before purchase, check for rips or tears in packaging and other signs of infestations.
- Avoid buying in bulk and storing large quantities of products in the pantry.
- Store products in air-tight, insect-proof containers.
- Use the oldest products first to ensure freshness and proper stock rotation.
- Store infrequently used products in the refrigerator or freezer.
- Clean-up spills and crumbs in food storage areas so not to attract pests.
- Vacuum cracks and crevices where insects can hide and grains can accumulate.
- Dispose infested foods in trash and put outdoors.
- Non-food items that may be infested include dried flowers, museum specimens, spices and dog biscuits (red flour beetle).
- Indian meal moth have been known to infest candy bars and baked goods in vending machines.

Do You Feed Birds? Here are Tips to Help You Save Money

Soni Cochran

Extension Associate

If you feed birds, you know it can get expensive especially if you have multiple feeders. Here are some tips to help you save money and still enjoy this educational family hobby. **Learn about the birds you are trying to attract and what they will eat.** Black oil sunflower seeds are a terrific choice to attract many backyard birds. It is nutritious and you'll have less waste than using mixes with fillers like cracked corn or sorghum (milo). If you buy a mix with fillers, you won't be saving any money since many birds will kick out the seed. You'll also have more undesirable birds come to the feeder like starlings and English House Sparrows. Tip: If you don't like the mess from the hulls (the shell of the sunflower seed), you can buy sunflower hearts or chips. These are more expensive but you aren't paying for the hull, so in the long run, you'll be paying for less waste and have less cleanup under the feeders. Save money and make your own suet to attract woodpeckers (see recipe at right). You can add fruit pieces and nuts to your suet. Avoid using kitchen scraps to feed birds. Kitchen scraps may spoil quickly and attract pests like mice and rats. **Buy seed in bulk.** Larger bags or buckets are usually less expensive than small bags. Avoid seed mixes loaded with filler seed. If you want to use a seed mix, make your own or go to a bird feeding specialty store to see how they mix their seed. **Shop around for the best deals**

or sales. Check your local newspapers for fliers or ads. **Store your seed correctly to prevent pantry pests or mice from raiding the seed.** I store my seed in a smaller, metal garbage can with a tight-fitting lid. The garbage can is kept outside so I don't risk pantry pests or mice coming indoors. You may have to strap down the lid if you have problems with raccoons in the neighborhood. I use my seed up in one season so it doesn't get old. **Buy squirrel-proof feeders.** Squirrels can easily chew through plastic feeders to get to the seed. You may be able to prevent this by using feeders with metal feeding ports. There are also feeders with weighted perches that close if a heavier animal (like a squirrel) presses on them or feeders with wire around them. Baffles can also be used to keep squirrels from climbing down to a feeder. **Hang or place a tray under your feeders to catch seed that may fall out of the feeders.** Cardinals, mourning doves and other birds prefer to use a tray or platform-type feeder. **Make your own suet feeders.** Drill holes into small logs or press suet into the natural gaps and cracks in logs or pine cones. Hang from hooks or from trees and shrubs. **Fill your feeders less often.** Give the birds a chance to clean up some of the seed in the tray feeders. This is a good time to give your feeders a thorough cleaning. Clean feeders are important to keep birds healthy. **Offer natural foods by adding plants to your landscape that provide food for birds.** Audubon has an online resource to help you choose

native plants suitable for your location. Creating a bird-friendly habitat can help you attract birds. Visit www.audubon.org/native-plants, enter your zip code and you'll get ideas on what works best for your area. If you can't afford to purchase feeders and bird seed, you can still enjoy birds this winter:

- Leave a brush pile with leaves and different sizes of sticks to provide shelter for birds. Birds will also pick through the pile looking for insects that may be overwintering.
- Instead of feeders, add a couple of bird baths. You will have to change the water often if it freezes or you can get an inexpensive heater to put in the

feeder. Water is important in winter and you'll be amazed at the number of birds coming to your bird bath even if you don't have feeders in your yard.

- Use scrap lumber to make bird-roosting boxes to help birds shelter for the winter. Wooden birdhouses can be adapted to be winter-roosting boxes. It is important to clean any birdhouses used for nesting prior to using for winter roosting.
- Plan to add bird-friendly shrubs and landscaping to your property.

FOR MORE INFORMATION

Several resources on attracting birds and bird feeding are at <http://lancaster.unl.edu/pest/birds.shtml>

SUET RECIPE

Use suet to attract insect-eating birds like woodpeckers, chickadees and nuthatches. Here is a quick and easy suet recipe you can make at home:

3 cups melted suet (available from your butcher shop or meat counter at the grocery store)

3 cups yellow cornmeal

1 cup chunk style peanut butter

- 1) Melt the suet in a pan and add the cornmeal and peanut butter. Bird seeds, rolled oats, unsalted nutmeats, dehydrated egg, dried fruit like raisins or apple bits also can be added. You can add or subtract ingredients depending on what you have on hand, but don't use ingredients that have rich seasoning.
- 2) Pour the suet mixture into cupcake papers in a muffin tin to harden. Remove the papers, and the cakes are ready for the birds. You can make up several batches of the suet muffins and store them in a plastic bag in the freezer until you are ready to use.
- 3) Press suet into holes drilled into logs or stuff into pine cones and hang. Hang your suet out of the reach of pets.



Soni Cochran, Nebraska Extension in Lancaster County

What's in Your Habitat?

Mary Jane Frogge
Extension Associate

Your yard is a habitat. Many insects and animals live there even if you do not notice them. Consider planting more native plants for pollinators. Now, during late fall clean-up, is a great time to evaluate your landscape and plan for next year.

Take time to walk through your yard and evaluate each plant. If you have a large landscape, it may take some time to do this. While you are looking, ask yourself these questions:

- Is the plant healthy?
- Has it outgrown its location?
- Do I have to use pesticides to keep it healthy and disease free?
- Is it a good pollinator plant?
- Is it invasive?
- Is it a water hog?
- Do I even like this plant?
- Where did that come from?

Every year I have asked myself these same questions as I walk through my landscape. One year I had a shrub that had a lot of winter damage. I removed it and was amazed at how it opened up the yard. It was in a prime, full sun location. This area was a perfect location to plant native perennials and other plants beneficial to our pollinators.

My list of plants included swamp milkweed, coreopsis, common milkweed, bee balm, purple coneflower, gay feather and Culver's root. I knew I needed more early blooming



Your yard is a habitat. Consider planting more native plants for pollinators.

plants. So I planted bulbs like snowdrops, crocus and glory-of-the-snow. In open areas I added annual flowers, like larkspur or zinnias.

It is important for pollinators to have plants blooming

April through October. It was satisfying to plan and design this space with pollinators in mind. If you have a location in your landscape that can be renovated, consider plants for pollinators.

Mary Jane Frogge, Nebraska Extension in Lancaster County



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

November and December is a good time to inspect trees and shrubs for bagworm capsules. Remove and destroy them to reduce next year's pest population.

A home weather station that includes a minimum-maximum thermometer, a rain gauge and a weather log is a good gift for a gardener.

Start reviewing your garden notes to help with next year's plans.

Clean power tools of all plant material and dirt. Replace worn spark plugs, oil all necessary parts and sharpen blades. Store all tools in their proper place indoors, never outdoors where they will rust over the winter.

Check fruits, vegetables, corms and tubers you have in storage. Sort out any that show signs of rot and dispose of them.

Minimize traffic on a frozen lawn to reduce winter damage.

Remove all mummified fruit from fruit trees and rake up and destroy those on the ground. Also, rake and dispose of apple and cherry leaves. Good sanitation practices reduce insects and diseases the following season.

Be sure not to store apples or pears with vegetables. The fruits give off ethylene gas which speeds up the breakdown of vegetables and will cause them to develop off-flavors.

African violets do well when potted in small pots. A good general rule is to use a pot one-third the diameter of the plant. Encourage African violets to bloom by giving them plenty of light. They can be in a south window during dark winter months. They bloom beautifully under fluorescent lights.

Clean and fix all hand tools. Repaint handles or identification marks that have faded over the summer. Sharpen all blades and remove any rust.

After the ground freezes, mulch small fruit plants such as strawberries. One inch of straw or leaves is ideal for strawberries.

Order seed catalogs now for garden planning in January. For variety, consider companies that specialize in old and rare varieties or wild flowers.

Place Christmas trees away from fireplaces, radiators, heat vents and anything else that could dry the needles. Keep your Christmas tree well watered from the time it is brought home until it is discarded.

Upcoming Green Industry Conferences

NEBRASKA TURFGRASS CONFERENCE

JANUARY 10–12, 2017

NEBRASKA TURFGRASS ASSOCIATION
Location: La Vista Conference Center,
La Vista, NE
402-472-5351 • www.nebraskaturfgrass.com/events/nebraska-turf-conference



GREAT PLAINS GROWERS CONFERENCE

JANUARY 12–14, 2017

A CONFERENCE FOR BEGINNING & SEASONED GROWERS
Hosted by University Extension from Mo., Kan., Neb., and Iowa

Location: Missouri Western State University, St. Joseph, MO

The conference will focus on a wide range of topics for both fruit and/or vegetable growers.

- Jan. 12 workshops: Greenhouse & Hydroponics, Soil Health, Tree Fruit, Honeybees, FSMA Grower Training, Mushrooms
- Jan. 13–14 tracks: Tree/Small Fruit, Beginning & Advanced Organic Production, Vegetable IPM, Vegetable Production, Farm Mechanization, Farm to School, Research Update, Season Extension and Selling Local Foods.

Keynote Speaker will be Jean-Martin Fortier, author of *The Market Gardener: A Successful Growers Handbook for Small Acreage Organic Farming* and winner of the 2015 American Horticulture Society book award.

Contact Buchanan County Extension Office
816-279-1691 • www.greatplainsgrowersconference.org



NEBRASKA GREAT PLAINS CONFERENCE

JANUARY 23–25, 2017

NEBRASKA ARBORISTS ASSOCIATION AND
NEBRASKA NURSERY & LANDSCAPE ASSOCIATION
Location: Ramada Plaza Omaha Convention Center
www.nearborists.org • www.nnla.org



Be a Master Gardener!

2017 Training for New Master Gardener
Volunteers in Lancaster County Begins
in February. Please Join us!



- Do you want to learn more about vegetable gardening and landscaping?
- Do you have a passion for tree planting?
- Do you enjoy volunteering and sharing your knowledge with others?
- Master Gardener volunteers serve an important role to extend horticulture education and outreach from UNL Extension.



For more information about becoming a Master Gardener, contact:
Mary Jane Frogge, Nebraska Extension in Lancaster County 402-441-7180 or visit <http://lanaster.unl.edu/mastergardener> to apply online.



HEART OF 4-H VOLUNTEER AWARD

Sara Hansen

Lancaster County 4-H is proud to announce Sara Hansen as winner of November's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Sara has volunteered with 4-H for six years. After three years helping with the Helping Hearts clover kids 4-H club, she organized and is leader of the Clever Clovers 4-H club. The club was a 2015 Nebraska Club of Excellence and does at least one community service project a year — last year they planting flowers at Tabitha Health Care and sewed pillowcases to donate to the foster care program. Sarah has also helped staff shifts at the 4-H food booth at the Lancaster County Super Fair.

"I like being a 4-H leader because 4-H really does make the best better!" Sara says. "I feel truly blessed to have been a 10-year 4-H'er myself and know that it has helped shape my life and career. Giving back and passing that on to my children's generation is something I enjoy. My favorite experience as a 4-H volunteer is observing both small and large accomplishments of our 4-H'ers. 4-H is a family activity. I am very blessed to have my husband, Chris, as a leader and I have much parent/guardian support. I would not be able to do it without them."

Lancaster County 4-H thanks Sara for donating her time and talents. People like her are indeed the heart of 4-H!



IT'S TIME TO RE-ENROLL IN 4-H!

The 4-H year is Oct. 1–Sept. 30 and, since it is a new 4-H year, all 4-H members and volunteers must re-enroll for the 2016–2017 4-H year (even if you just enrolled in August or September).

The website to enroll is <https://ne.4honline.com>. The process is easy and only takes a few minutes per member or volunteer. Only parents/guardians may enroll 4-H members. Each 4-H household will need to set up a profile in which the 4-H youth and/or volunteers in the household will be added.

More details and step-by-step instruction guides with pictures are at <http://lancaster.unl.edu/4h/club>. If you have questions about the process or need access to a computer, call Karen Evasco at 402-441-7180.

INDEPENDENT MEMBERS: 4-H members enrolling as independent need to select "Lancaster Independent" under "club."

FFA MEMBERS: FFA members need to select Crete FFA, Norris FFA, Raymond Central FFA or Waverly FFA under "club."

VOLUNTEERS: 4-H leaders need to re-enroll. At this time, 4-H club organizational leaders are NOT able to view their 4-H club's roster online (Nebraska 4-H is working out the details).

NOTE: Health information is optional. You DO NOT need to complete this portion of the online form.

AKSARBEN 4-H Results

The 89th annual AKSARBEN 4-H Stock Show was held in September at the CenturyLink Center in Omaha. Currently the largest 4-H Stock Show in the United States, 4-H members from Colorado, Illinois, Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, South Dakota and Wyoming participated. The AKSARBEN 4-H Horse Show was held in September at the Chance Ridge Event Center in Elkhorn. Below are the Lancaster County 4-H purple ribbon winners. Complete results are at www.akentry.com/akentry/results



Cole Cooper

**Market Lamb
Market Lamb
Showmanship**

Bailee Gunnerson

**Commercial Rabbit (Champion)
Commercial Rabbit Overall (Reserve Champion)**

Aubrey Hayes

**Horse – Senior Pole Bending (Champion)
Horse – Senior Western Pleasure (Champion)
Horse – Senior Western Showmanship (Champion)**

**Brett Heinrich
Jaclyn Heinrich**

**Swine
Swine – Market Gilt (Reserve Champion)
Swine – Market Gilt Overall (Reserve Champion)
Market Swine Showmanship (4th Place)**

Audrey Heusinger

**Horse – Senior Western Pleasure
Horse – Senior Western Horsemanship
Horse – Senior Western Showmanship**

**Sophia Lentfer
Cassie Meyer**

**Lamb Challenge (3rd Place)
Horse – Senior Barrel Racing (Reserve Champion)
Horse – Senior English Equitation
Horse – Senior Ranch Pleasure
Dairy (Reserve Champion)**

**Lauren Robertson
Rena Sieck
Emma Sondgeroth
Allison Walbrecht**

**Breeding Beef
Feeder Calf Showmanship
Horse – Hunter Hack (Champion)
Charolais Composite Beef (Reserve Champion)
Breeding Beef Showmanship**

Purina Beef Fitting Challenge Lancaster County Team (2nd place): Cole Cooper, Brett Heinrich and Allison Walbrecht



HEART OF 4-H VOLUNTEER AWARD

Tammy Sheldon

Lancaster County 4-H is proud to announce Tammy Sheldon as winner of December's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Tammy has been a 4-H volunteer for five years. She started helping with the Helping Hearts clover kids 4-H club and she is currently co-leader of the Five Star 4-H'ers 4-H club, which was a Nebraska Club of Excellence last year. She has helped club members with several community service projects including making tie blankets for the Children's Hospital and collecting supplies for the Humane Society. Tammy has also volunteered at 4-H Clover College and 4-H Fashion Show judging.

"I like being a 4-H volunteer because I feel like I am a part of something very special," Tammy says. "As a 4-H volunteer, I am helping youth develop skills they will need to become leaders for our future. I know that I am making a difference!"

Lancaster County 4-H thanks Tammy for donating her time and talents. People like her are indeed the heart of 4-H!



4-H Awards & Scholarships

Lancaster County 4-H award forms and college scholarship applications are due Dec. 31. Recipients will be announced at Lancaster County Achievement Celebration on Tuesday, Feb. 16, 2017. Forms are available at <http://go.unl.edu/4has> and the Extension office.

Awards

If you have questions about awards, contact Tracy at tracy.anderson@unl.edu or 402-441-7180.

Community Service Awards — based on number of hours of community service through 4-H

National Leadership Award — recognizes youth ages 15–18 who strive to be their personal best

Outstanding 4-H Member Award — an individual 14 years of age or older who has excelled in their involvement with the 4-H program

Meritorious Service Award — individual or organization who has strongly supported 4-H

Nebraska 4-H Diamond Clover Program — recognizes the accomplishments of 4-H'ers ages 8–18, youth can progress from Level 1–6

Nebraska 4-H Career Portfolios — a record of a 4-H'ers career

Nebraska 4-H Club of Excellence — meet criteria outlined by the state 4-H office

College Scholarships

For graduating high school seniors enrolled in the Lancaster County 4-H program. If you have questions about scholarships, contact Cole at cmeador2@unl.edu or 402-441-7180.

4-H Council — up to twelve \$700 scholarships

4-H Teen Council — two \$300 scholarships

Lincoln Center Kiwanis — one \$1,000 scholarship

Lane Community 4-H Scholarship — one \$200 scholarship to a 4-H'er attending Raymond Central High School

Nebraska Association of Fair Managers Martha & Don Romeo Scholarship —

Note: Deadline is Dec. 1

Nebraska 4-H Foundation Scholarships — Information will be posted at <http://ne4hfoundation.org/recognition> — deadline is March 15

4-H Leader Training, Oct. 27

All 4-H leaders and volunteers helping with clubs and independent members are encouraged to attend the Fall 4-H Update on Thursday, Oct. 27 at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Attend either the 9 a.m. or 6:30 p.m. update. Training will focus on 4-H club organization, static exhibits, leadership, opportunities for your 4-H members and more. This is a great opportunity to connect with other parents and leaders. You **MUST** preregister by Oct. 25 by calling 402-441-7180.

4-H Paper Basket Workshop, Nov. 12



4-H youth ages 8 and up are invited to a “Design My Place” workshop to construct a woven paper basket using recycled newspapers on Saturday, Nov. 12 from 9 a.m.–12 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. No cost to attend. Learn paper weaving techniques to make home décor baskets. Adults are welcome to attend to help, especially if their child is 8 or 9 years old. Register by Nov. 2 by calling 402-441-7180. Bring a needle nose wire cutter for cutting wire. All other supplies will be provided.

4-H Dog Skill-a-Thon, Nov. 29

This year’s 4-H Dog Skill-a-Thon will be held on Tuesday, Nov. 29 at the Lancaster County Extension office, 444 Cherrycreek Rd, Lincoln. Come anytime between 2:30–6 p.m. — plan around two hours to complete the activities. Open to all 4-H’ers ages 8–18 — need not be enrolled in the dog project. Test your knowledge in breed identification, parasites, grooming tools and conformation. A study guide is available at <http://lancaster.unl.edu/4h/documents/DogSkillStudyGuide.pdf> and the Extension office. For more information, contact Cole at cmeador2@unl.edu or 402-441-7180.

4th & 5th Grade Lock-In

All 4th and 5th graders are invited to 4-H Teen Council’s annual overnight Lock-In, which will be held Friday, Jan. 20, 8 p.m.–Saturday, Jan. 21, 8 a.m. This year’s theme will be related to “tourists.” More information will be in the January NEBLINE.

HORSE BITS

2016 Horse Awards

The 2016 4-H Horse Awards Night, held Sept. 29, recognized top achievements at the Lancaster County Super Fair and other accomplishments throughout the past year. 4-H volunteer Emily Nolan was Master of Ceremonies. Michaela Bunz and Shyann Severson of Lucky Lopers distributed programs and led the Pledge of Allegiance and 4-H Pledge. Additional results and photos are online at <http://lancaster.unl.edu/4h/horse/AwardsNite.shtml>

JUDGING CONTEST

The Horse Judging Contest (a Lancaster County Super Fair contest) emphasizes how much 4-H members know about horse conformation as they judge four or more classes of horses. Senior division participants also give oral reasons. Buckles sponsored by the Glenn Umberger family.

Elementary Division — Sophie Schumacher (champion), Alexa Starner (reserve champion), Shea Frink (3rd), Jocelyn Cobb (4th), Cameryn Bellar (5th), Kieran Hayes (6th), Amelia Proffitt (7th)

Junior Division — Ally Quinn (champion), Madi Brandt (reserve champion), Julia Soukup (3rd), Cadi Wilbeck (4th), Sidney Froistad (5th), Miya Higgins (6th), Cally Dorff (7th), Maureen Sughroue (8th), Ellie Bunz and Lauren Kelley (tie 9th place)

Senior Division — Kate Cooper (champion), Jadin Vogler (reserve champion), Madison Sobotka (3rd), Emily Burnside (4th), Mazzii Synder (5th), Bryanna Loudon (6th), Sarina Kyhn (7th), Nicole Ackland (8th)

HORSEMANSHIP ADVANCEMENT LEVELS

The Nebraska 4-H Horse Project advancement levels are designed to serve as guides for instruction and evaluation of each member’s progress. The correct handling of horses is emphasized from the beginning level to the most advanced level. Each level is a huge accomplishment.

Level I Ground (for miniature horse exhibitors) — Maleah Jamison, Allison Kirby, Breanna Kirby, Diamond LeBlanc, Mila Rich, Bridget Smith and Shelby Sundling

Level I Walk/Trot — Kyra DeBuse, Faith Oldemeyer, Caroline Thompson and Timothy White

Level I — Jocelyn Cobb, Shea Frink, Samantha Fox, Caraline Higgins, Jayme Litchfield, Katie Marsh, Erin Oldemeyer, Amelia Proffitt, Allison Riedman, Sophie Schumacher, Jay Stander, Shyann Severson, Maureen Sughroue and Avery Tonniges

Level II — Anne Cashmere, Jake Clarke, Jocelyn Cobb, Karli Consbruck, Caidell Davis, Eva Erickson, Samantha Fox, Alexia Harre, Lindsay Herrick, Sarina Kyhn, Jayme Litchfield, Chase McInteer, Nicole Pickering, Allison Riedman, Calli Robinson, Sidney Schlesiger, Maddie Schnase, Jay Stander, Maureen Sughroue and Avery Tonniges

Level III — Felicity Bowers, Madi Brandt, Ashley Clegg, Kate Erdkamp, Justine Gall, Miya Higgins, Bryanna Loudon, Tristan Munderloh, Emma Sondgeroth, Aussia Stander and Cadi Wilbeck

INCENTIVE AWARDS

4-H’ers logged the hours they spent working with or learning about horses. The more hours invested, the more valuable the reward! The Horse Incentive Awards are sponsored by the Lancaster County 4-H Horse Volunteers in Program Service (VIPS) Committee.

Bronze (minimum of 100 hours or points) — Michaela Bunz, Emily Cashmere, Eva Erickson, Harper Lawson and Faith Oldemeyer

Silver (minimum of 183 hours or points) — Rayley Burnside, Anne Cashmere, Erin Oldemeyer, Ally Quinn, Cadi Wilbeck, Allison Riedman, Alexa Starner, Calli Robinson, Lucy Polk, Emmi Dearmont, Cally Dorff, Lindsay Herrick, Bailey Hampton, Miya Higgins, Kali Maytum, Emma Sondgeroth, Sierra Wilson, Lillie Beach, Julia Soukup, Jocelyn Cobb, Shea Frink, Harper Rosenstiel and Lydia Teegerstrom

Gold (minimum of 366 hours or points, and completed horse record book) — Ashley Clegg, Christy Cooper, Kate Cooper, Katelyn Erdkamp, Justine Gall, Aubrey Hayes, Sierra Nelson, Mazzii Synder, Bethany Wachter, Ellie Bunz, Aussia Stander, Megan Danley, Porshe Miller and Shyann Severson

ALL-AROUND AWARDS

Bluestem All-Around Miniature Horse Award for high point 4-H miniature horse at the Lancaster County Super Fair, sponsored by the Bluestem Miniature Horse Club — Aubrey Hayes (horse “Little Bit O Country Levi”)

Nebraska Dressage Association High Score Dressage Rider Award for high score riders in the 4-H Dressage Show at the Lancaster County Super Fair, sponsored by Nebraska Dressage Association — Jocelyn Cobb (champion) and Sierra Wilson (reserve champion)

Dick and Cookie Confer Top Trail Award for all-around champion of the Lancaster County Super Fair 4-H Trail obstacle class — McKenzie Beach

Franklyn Manning All-Around Barrels Award for fastest time in the Lancaster County Super Fair 4-H Barrel racing competition — Julia Soukup

All-Around Cowboy/Cowgirl Award — Three age division awards for All-Around Cowboy/Cowgirl at the Lancaster County Super Fair, sponsored by Dr. Adam Gengenbaugh, Chuck Baum and Merial Animal Health. Elementary — Clara Bradbury; Junior — Julia Soukup; Senior — Jadin Vogler

All-Around Ranch Horse Awards — Age division awards for All-Around Ranch Horse at the Lancaster County Super Fair are sponsored by Olive Creek Acres Performance Horses — Brian and Shannon Vogler. Brian Vogler made leather headstalls for the winners. Elementary — Clara Bradbury (horse “Dot”); Junior — Tristan Munderloh (horse “Luke”); Senior — Jadin Vogler (horse “Kenai”)

Lowell Boomer High Point Jumping Award for the all-around champion in the 4-H jumping classes at the Lancaster County Super Fair, sponsored by Hunter Pride 4-H Club — Emma Sondgeroth

Wilhelmina Wittstruck Memorial All-Around Champion Award for Lancaster County Super Fair all-around 4-H champion individual, sponsored by Dwayne and Joan Wittstruck — Clara Bradbury (other finalists were Lillie Beach, McKenzie Beach, Ella Gerlach and Bailee Sobotka)



Horsemanship Advancement Level I



Horsemanship Advancement Level II



Horsemanship Advancement Level III



Horse Incentive Awards - Gold Level



All-Around Miniature Horse Award (presented by Sheila Purdum of the Bluestem Miniature Horse Club)



High Point Dressage Award (presented by Laureen VanNorman of the Nebraska Dressage Association)



All-Around Barrels Award (pictured with 4-H Intern Kate Pulec)



All-Around Ranch Horse Award



EXTENSION CALENDAR

All events will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln, unless otherwise noted.

October

- 22 Pediatric CPR & First Aid Early Childhood Training ... 8:30 a.m.–12:30 p.m.
27 4-H Leader Training 9 a.m. & 6:30 p.m.

November

- 1 4-H Council Meeting 6 p.m.
5 Emerald Ash Borer Seminar 9–11 a.m.
10 Makeover Your Leftovers Class, Bryan Health East Campus, Plaza Conference Center, 1600 S. 48 St. 6:30–8 p.m.
12 4-H Paper Basket Workshop 9 a.m.–12 p.m.
13 4-H Teen Council Meeting 3 p.m.
18 Extension Board Meeting 8 a.m.
22 Documenting Children's Learning Workshop 6:30–8:30 p.m.
29 4-H Dog Skill-a-Thon 2:30–6 p.m.

December

- 2 Cornhusker Economics and Market Journal Roadshow, Nebraska Innovation Campus Conference Center 9 a.m.–12 p.m.
8 Co-Parenting for Successful Kids Class 9 a.m.–12:30 p.m.
9 Extension Board Meeting 8 a.m.
9 Landlord/Tenant Cash Lease Workshop 9:30–11:30 a.m.
9 Flexible Farmland Lease Workshop 1:30–4 p.m.
10 Pediatric CPR & First Aid Early Childhood Training .. 8:30 a.m.–12:30 p.m.
11 4-H Teen Council Meeting 3 p.m.
13 Supervision of Children Early Childhood Training 6:30–8:30 p.m.
16 Successful Farmer Series: Cover Crops & Wheat 9–11:30 a.m.
31 4-H Award and Scholarship Applications Due to Extension

Emerald Ash Borer Seminar, Nov. 5

Nebraska Extension in Lancaster County and the Nebraska Forest Service has scheduled another Emerald Ash Borer (EAB) seminar to provide homeowners with the information they need to make good decisions about the care of their ash trees. It will be held Saturday, Nov. 5, 9–11 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Registration is required by calling 402-441-7180 by Wednesday, Nov. 2. Cost is \$15 per person/couple for one set of educational materials. Pay at the door, making checks payable to Nebraska Extension in Lancaster County.

Early June brought the news Nebraska foresters and horticulturists have been anticipating for several years — confirmation of Emerald Ash Borer (EAB) within the state. On June 8, Nebraska Department of Agriculture confirmed an EAB infestation in Pulaski Park, in southeastern

Omaha. A second confirmation from Cass County came the following week. Concern about this invasive insect and its impact on our community trees is high. Many homeowners have questions about their trees and potential treatment options available to them. All ash species — including the popular cultivars Autumn Purple, Marshall's Seedless, Patmore, Skyline and Summit — will be at risk from this insect, along with all wild ash trees.

Learn how to identify ash trees. If you are unsure if a tree in your landscape is an ash, bring small branch samples or pictures for identification. Learn how to determine which of your trees are the best candidates for treatment. Many homeowners will decide to let some trees die, particularly low-vigor trees, those in poor locations or with existing problems. Finally, learn about the available treatment methods, their advantages



T. Davis Sydnor, The Ohio State University, Bugwood.org

Ash trees have compound leaves with 5–11 leaflets.

and disadvantages and when they should be applied. Note: treatment is NOT recommended until EAB has been confirmed within 15 miles of your location.

Seminar presenters include Sarah Browning, Extension horticulture educator; Jody Green, Extension entomology educator and Laurie Stepanek, Nebraska Forest Service – forest health specialist.

Outgoing 4-H Council Members

The October 4-H Council meeting marked the final meeting for two outgoing 4-H Council members. Shar Sieck served four years, including one as Treasurer and one as President. Sheridan Swotek served four years, including one as vice president.

Lancaster County 4-H thanks them for their leadership! Outgoing 4-H Council members are recognized if they completed a full term. Adult 4-H Council members can serve two consecutive terms of three years each. Teen 4-H Council members can serve two consecutive terms of two years each.



UNL CASNR Visit Day, Nov. 5

University of Nebraska–Lincoln's College of Agricultural Sciences and Natural Resources (CASNR) is hosting its annual Experience the Power of Red Visit Day for high school students on Saturday, Nov. 5, 9 a.m.–2 p.m. There is no charge. Please register at <http://go.unl.edu/novembervisitday> by Friday, Oct. 28.

Learn how CASNR prepares students for careers in everything from animals to plants, soil to climate, golf to business, mechanization to leadership and food to forensic science. Meet faculty, staff and current students. Explore campus in person. For more information, call 402-472-2541.

EXTENSION NEWS

New Domestic Water and Wastewater Extension Educator

In October, Meghan Sittler joined Nebraska Extension in Lancaster County as the domestic water and wastewater management extension educator. This position is new to Lancaster County.

Meghan's primary focus will be developing and implementing programs related to both water quality and quantity issues surrounding

domestic water and wastewater use. She will work with individual homeowners, service providers, small community systems and large municipalities.

Meghan grew up on a farm in southwest Lancaster County where her parents instilled a strong conservation ethic — and her appreciation and concern for natural resources began. She attended University of Nebraska–Lincoln, earning a Bachelor's dual degree in Environmental Studies and Anthropology, a master's degree in Natural Resources with minors in political science and environmental planning, and a graduate certification in Public Policy Analysis.

Prior to coming to Extension, Meghan served as coordinator of the Lower Platte River Corridor Alliance from December 2008 to September 2016. Additional work experiences include serving at:

- National Park Service as an archaeological technician,
- Lincoln Lancaster County Health Department as an environmental educator,
- UNL Environmental Studies Program and School of Natural Resources as an advisor and instructor, and
- National Drought Mitigation Center as a research and outreach specialist.

Meghan is extremely excited about the opportunity to join Extension and focus on critical water resource issues both locally in Lancaster County and across the state.



Meghan Sittler

2016 UNL Service Awards

Recently, University of Nebraska–Lincoln staff reaching an anniversary year of employment were honored for their years of service to the university. The following Nebraska Extension in Lancaster County staff were recognized:

- **Sarah Browning**, Extension Educator — 15 years
- **Cole Meador**, Extension Associate — 5 years
- **Konnie Robertson**, Extension Support Staff — 5 years

Ag Society Annual Meeting, Dec. 15

The Lancaster County Agriculture Society (which acts as the Fair Board) will hold its Annual Meeting on Thursday, Dec. 15 at the Lancaster Event Center, 84th & Havelock, in the Lancaster Room. Voting will take place 5:30–6:30 p.m. for three positions on the Lancaster Agriculture Society Board (three-year terms). Any registered voter in Lancaster County may vote.

Any Lancaster County resident interested in running for a position on the board must submit a short biography by Nov. 17 in order to be placed on the

ballot. Send the biography to: ATTN Trudy Pedley, LCAS Secretary; Lancaster Event Center; P.O. Box 29167; Lincoln, NE 68529. Biographies can also be sent by email to Superfair@lancastereventcenter.org.

The Annual Meeting, starting at 6:30 p.m., is an opportunity for the public to learn more about the Lancaster Event Center. The regular monthly meeting of the Ag Society will follow the annual meeting. Regular monthly meetings are held the third Thursday of every month and are open to the public.